



**Health Is More  
Than...**  
**What you eat**

**Long term patterns  
matter most!**

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enjoying lots of different  
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listening to your body and  
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**Good Foods!**  
(food that you enjoy  
& that nourishes you!)



## Bad Foods... (food that makes you sick)

- We are often told there are “**good**” and “**bad**” foods. However, all foods can fit.
- Some foods offer more nutrients, others offer social connection, and some purely bring joy and comfort. To gain all the benefits from food, we have to acknowledge that **all foods are important**.
- ***The only bad food is food that makes you sick.***
- Getting enough food matters **more than the types of food you eat**. Without enough food, we do not have the energy needed to go to school, work, go out with friends, and engage in the activities we enjoy.



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# Eating Disorders Awareness Week

## #EDAW2026